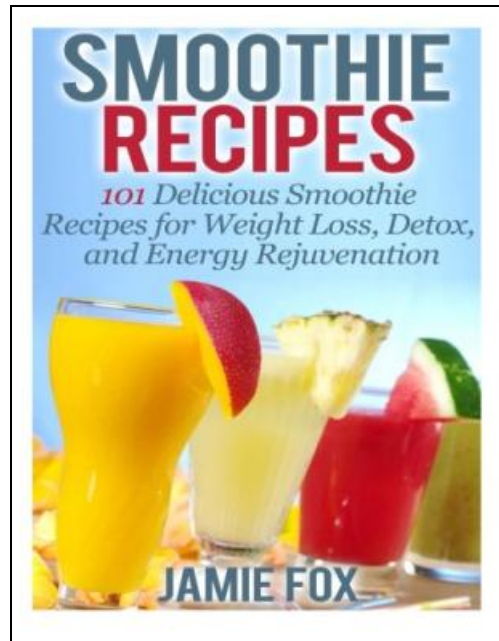


## Smoothie Recipes: 101 Delicious Smoothie Recipes for Weight Loss, Detox, and Energy Rejuvenation (Paperback)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.101 Delicious and Healthy Smoothie Recipes If you are looking for the best smoothie recipes around you have finally come to the right place. Look no further, here are 101 smoothie recipes that will promote weight loss, help your body detox, and rejuvenate your energy to keep you accomplishing your goals. Do you need an aid to your weight loss goal? Do you need more energy throughout the day? Do you find yourself dragging after each meal? Have no fear, I am here to demolish your concerns and body issues. This book contains 101 smoothie recipes that are packed with nutrients, vitamins, proteins, fresh fruits, and vegetables. I have been drinking healthy smoothies for almost two years now, and am currently drinking one a day to get back to my previous weight before having my son in September. I have found these smoothies have increased my energy and have helped in my weight loss journey while providing my body with the proper nutrition that it needs. I decided to create this book to help other individuals see the same positive results as I do. These healthy smoothie recipes are full of flavor, nutrients, and vitamins that cannot be ignored. I hope you enjoy these smoothie recipes as much as I do! You are about to achieve the best you by filling your body with nutrients, vitamins, and proteins that are packed into these delicious smoothie recipes This book explains the health benefits within each sections of smoothie recipes to let you know the positive benefits you are providing to your body. How would you like to: \* Lose stubborn body fat \* Obtain clear radiant skin \* Feel energized \* Enjoy your diet...



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